

WHEN A SCHOOL SUPPORTS SCHOOL MEALS, SCHOOL MEALS SUPPORT THE SCHOOL

Healthy school meals provide the nourishment students need to be successful in school. Many school meal programs are self-sustainable. The higher the student participation, the more financially strong a school nutrition program can be.

NEW REQUIREMENTS	Implementation (School Year)						
	for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
FRUITS COMPONENT							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
VEGETABLES COMPONENT							
• Offer vegetables subgroups weekly	L						
GRAINS COMPONENT							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
MEATS/MEAT ALTERNATES COMPONENT							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
MILK COMPONENT							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
DIETARY SPECIFICATIONS (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets ¹ <ul style="list-style-type: none"> o -Target 1 o Target 2 o Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
MENU PLANNING							
• A single FBMP approach	L	B					
AGE-GRADE GROUPS							
• Establish age/grade groups: K-5, 6-8, and 9-12	L	B					
OFFER VS. SERVE							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
MONITORING							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					



REMEMBER: HEALTHY CHOICES START WITH YOU

For more information on the New Nutrition Standards of South Dakota School Meals visit: doe.sd.gov/CANS/nslp.aspx. This project has been funded in part with federal funds from the U.S. Department of Agriculture. This institution is an equal opportunity provider.

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NEW MEAL PATTERN STANDARDS FOR SOUTH DAKOTA SCHOOL MEALS

Information for Administrators



SUPPORTING THE NEW MEAL PATTERN STANDARDS IS IMPORTANT FOR STUDENT HEALTH AND SUCCESS

- BEING SEEN in the cafeteria sends students a message that you care about what they eat.
- ENCOURAGE TRAINING: New meal pattern training opportunities are available through the Child and Adult Nutrition Services' (CANS) Child Nutrition Institute and the School Nutrition Association's annual conference. Webinars and more information on the new school meal standards are available at: doe.sd.gov/cans/cnr.aspx. When administrators promote training, good results will follow.
- BE KNOWLEDGEABLE of the changes and the new meal pattern requirements.
- INFORM parents and teachers about the healthy new meal patterns.
- SUPPORT nutrition education in the classroom.
- ACTIONS speak volumes. Eat lunch with students.

KEEPING SCHOOL NUTRITION PROGRAMS HEALTHY AND UP-TO-DATE

By July 1, 2012, all schools must offer lunch menus that comply with the new meal pattern requirements.

TO MEET THE STANDARDS, SCHOOLS MUST SERVE:

MORE of the foods students need:

- Whole grains
- Fruits
- Vegetables
- Beans
- Low-fat milk
- Lean protein

And FEWER of the ones they don't need:

- Foods with added saturated fat and trans fat
- Foods high in added salt/sodium
- Foods high in added sugar

SCHOOLS ARE ENCOURAGED TO LIMIT:

- Salt shakers
- Sugar packets
- Deep-fat frying



BE A SCHOOL NUTRITION PROGRAM CHAMPION

Support the new meal pattern standards and overall school nutrition

Encourage students to make breakfast part of their daily routine.

Studies show students who eat school breakfast have:

- Better nutrition
- Fewer sick days
- Fewer disruptive behaviors
- Better school performance

Research is positive. School breakfast is linked to higher average daily attendance.

Make time for lunch

Most schools offer students choices at mealtime. Help plan school schedules that allow students enough time to make healthy choices and enjoy the meal.

Consider the option of scheduling recess before lunch for younger students. Studies show students eat more lunch when they have already enjoyed recess.

Be a wellness champion

Inform all school staff about the District Wellness Policy. Your vocal and visible support makes a difference. Actively promote your school's wellness activities and limit unhealthy foods on campus. Be a positive role model.



WE INVITE YOU TO EAT SCHOOL BREAKFAST

OR LUNCH AND ENJOY THE HEALTHY MEALS